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Home Blood Pressure Record Sheet

Home blood pressure monitoring

- We appreciate it is difficult but you should take blood pressure at least twice daily in the morning and evening.
- For each blood pressure recording, take two consecutive measurements at least 1 minute apart and whilst you are seated.
- Do this for a minimum of 4 days, ideally for 7 days.

Name _____
Date of Birth _____

Date	Time	Systolic (upper value) First reading	Diastolic (lower value) First reading	Systolic (upper value)	Diastolic (lower value)	Pulse